

KEY BISCAYNE COMMUNITY CENTER

Mindfulness Meditation

WITH CECILIA RUBIO

TUESDAYS

10:00 AM

OASIS ROOM






FREE

**IN
PERSON
AGAIN!**



healthy MIND...healthy LIFE

Mindfulness Meditation is a mental training practice that consists of focusing your mind on your experiences in the present moment & does not require demanding physical activity. Its many benefits include:

-  **Enhancing your mental and physical health**
-  **Reducing stress and anxiety**
-  **Preventing depression**
-  **Managing chronic pain**
-  **Improving sleep quality & life satisfaction**

To register, please visit the Front Desk.

Winter /Spring 2022 *www.ActiveIslander.org* (305)365-8900